

Among Friends



Fond du Lac Senior Center ...*where friends meet!*

JULY 2015

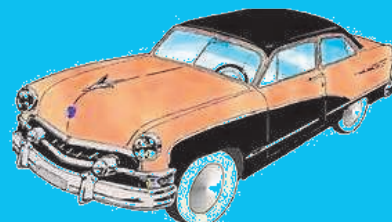
Proudly serving the seniors in the Fond du Lac community for almost 50 years!

Get ready for some hot fun and cool treats!

Sock Hop, Classic Cars and Raffle Drawing

Wednesday, September 2; 1:00—3:00 p.m.
Lakeside Park Pavilion

- Car Show 1—3 p.m.
- Sock Hop 1:30—2:30 p.m. with music by Record Entertainment
- Raffle Drawing 2:30—3:00 p.m.
- Fun Contests and Prizes
- Dilly Bars provided by Fond du Lac Avenue Dairy Queen



Be a part of the fun!
(dancing skills not required!)

\$3 gets you into the sock hop, car show, and a Dilly bar.
Plus, you'll be one of the first to hear who wins our top raffle prizes.
Will you be the big \$500 cash prize winner?
Pre-registration with payment is required.
Sign up at the Senior Center today!



Special thanks to:

record|entertainment
disc jockey service

Fond du Lac Avenue



Cathy's Corner

2015



A Free Monthly Publication
Vol. 6 • No. 7

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone.....(920)322-3630

Emailcloomans@fdl.wi.gov

Hours.....M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Visit us online at www.fdlSeniorCenter.com Facebook.com/FondDuLacSeniorCenter

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Hi All ~

One thing that I have noticed over the past couple of months is that we have a lot of “stuff”. Closets, cupboards, a basement, boxes, and shelves, are all full of stuff. Several years ago, George Carlin did a funny piece about people and their “stuff”. I remember one line being “A house is just a place to keep your stuff while you go out and get more stuff.” Even though nobody lives at the Center, when you have 2500+ members and all of the events and activities going on that we do each month, it's easy for things to accumulate.



Marie Kondo, a Japanese cleaning consultant, developed a method for simplifying, organizing and storing called KonMari. She explains “I was only looking for things to throw out. What I should be doing is finding the things I want to keep.” That's what we have been working on here at the Center, too. We are tackling each space and determining what it is that we want to keep. The items that we no longer need will be sold at a rummage sale to benefit the United Way.

The United Way has been very supportive of the Center, and especially of the Outreach Program. Each year, we have received a wonderful grant from the United Way to help fund the Outreach Program and this is our way of saying “Thank You”. The sale will be on Friday, July 24th from 8:00AM until Noon. We will also be selling refreshments, so mark your calendar and come on out to support the United Way!

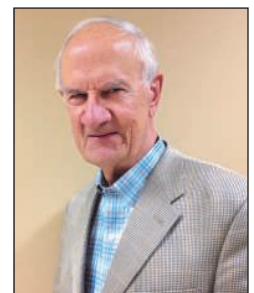
As you can see when you look through the newsletter, July is another busy month here at the Center. We have a lot of great things going on, I hope that you will join us!



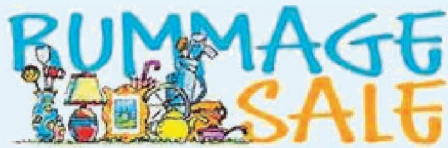
In memory of Friends Board of Directors member, Maury Shultz

Maury passed away unexpectedly Wednesday, June 3 at St. Luke's Medical Center. In addition to serving on the Friends Board, Maury enjoyed shooting pool and playing golf on Center leagues.

Maury's commitment to the Center and his kindness will be greatly missed. Our condolences to his wife Ruthe and his family.



Rummage Sale and Brat Fry



Friday, July 24; 8:00—Noon

Come help us clear the clutter! We have more than 40 years worth of accumulated Christmas décor, vases, cameras, puppets, computer desks, themed items, and lots of other miscellaneous. Everything is priced to sell! Proceeds will benefit the United Way which has been very supportive of the Senior Center.

Donuts, coffee, sub slices, chips and soda will also be for sale.

BRAT FRY



Saturday, July 25

8:00 a.m.—5 :00 p.m.

**The Butcher's Block
221 Fond du Lac Avenue, FDL**

Stop out and enjoy a brat, hotdog, hamburger, chips and soda at this Senior Center brat fry! This brat fry is sponsored by the Senior Center Pool League who will donate all proceeds to the Friends organization to support the operation of the Senior Center.

Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the August *Among Friends* newsletter is Friday, July 3, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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3



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Raffle News



**Win your share of
over \$4,000 in
cash and prizes!**

Raffle items include:

- **\$500 Cash** J.F. Ahern
- **\$400 Cash** Zacherl Funeral Home
- **5 Brewers Tickets with Parking** - value \$305 Mi-Tech Services
- **4 Rounds of Golf** - value \$250 South Hills Golf & Country Club
- **\$200 Cash** TTI Trucking
- **Sterling and Diamond Pendant** - value \$195 The Goldsmith
- **Stainless Cross and Chain** - value \$195 The Goldsmith
- **6 Mo. Membership** - value \$180 LH&HS Wellness Center
- **Night Stay** – value up to \$140 Holiday Inn, FDL
- **4 Brewers Tickets** – value \$100 KFIZ
- **\$100 Cash** Michels Corporation
- **\$100 Cash** Uecker-Witt Funeral Home
- **\$100 Kwik Trip Gift Card** Fox Valley Savings Bank
- **Mary Kay Basket** – value \$100 Jana Secord
- **Painting** – value \$85 Lisa Ritchie
- **\$75 Gift Certificate** CW Smith Jewelers
- **4 Rounds of Golf** – value \$72 Oakgreen Golf Course
- **1 Friday Fish, 10 Free Games Bowling** – value \$62 Ledgeview Lanes
- **Handmade Quilt** – value \$50 Flying Geese Quilt Club
- **\$50 VISA Gift Card** – National Exchange Bank & Trust
- **\$50 Cash** Ottery Transportation
- **\$50 Cash** Tim Cruz, American Family Insurance
- **6 Movie Passes** – value \$48 FDL Sheriff's Department
- **Small Hope Chest** – value \$45 Waupun Correctional Institution
- **\$40 Gift Certificate** Krail Jewelers
- **Watkins Sampler Basket** – value \$40 Bob Hanke
- **\$25 Gift Certificate (4)** A&E Jewelers
- **\$20 Gift Certificate (2)** Country Visions Co-op
- **\$35 Gift Certificate** Northwinds Supper Club
- **\$25 Gift Certificate** Wood Sampler
- **\$25 Gift Certificate** Silica Appliance
- **\$20 Gift Certificate** Cobblestone Hair Studio
- **\$20 Gift Certificate** Pick N Save
- **\$20 Gift Certificate (2)** Techniques Salon
- **30 Minute Massage** – value \$38 Haven Salon
- **\$35 Gift Certificate** J&K Alignment
- **\$25 Gift Certificate** Wood's Floral & Gifts
- **\$20 Gift Certificate** Festival Foods
- **\$20 Gift Certificate** Personal Touch
- **\$20 Gift Certificate** Fred's Fastrac

Ticket printing
courtesy of
**Grande Cheese
& Mach Funeral
Chapel .**

Numerous prize packages featuring gifts from: Action/Reporter Media, Blanck's Lake Aire, Model Cleaners, Jet Stream Car Wash, Pump & Pantry, Schreiner's, Backyard Grill, Red Cabin at Green Acres, Blanck's in Johnsburg, Domino's Pizza, Fat Joe's, and **MORE PRIZES COMING IN EVERY WEEK!** Watch future newsletters for updated list or see the complete list at the Senior Center.

Thank you for your support!

Programs & Activities

Intergenerational Activity



Friday, July 10; 1:00–2:00 p.m.

Bring your grandchildren (or other special child), a favorite teddy bear and join us at our Teddy Bear Picnic! There will be a teddy bear craft, treats and activities.

Cost: \$1 per person

To register, call
322-3630 before
Thursday, July 2.



Intergenerational
Summer Activity!

Candy Bar Bingo
Thursday, August 27
1:00–2:00 p.m.

This special bingo event is open to all seniors and their grandchildren, great-grandchild or other special child. All sizes of candy bars will be awarded as prizes. Cookies and lemonade will be served.

Register before Thursday, August 6 by calling 322-3630.

WHEN I'M 65

Thursday, August 20
1:00 p.m.

Julie Hilbert, Benefit Specialist
FDL County Dept. of Senior Services



Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns or questions. Call the Senior Center at 322-3630 to register.

Group Discussion with Andrea “Caregiver Stress”

Tuesday, July 21; 3:15 p.m.

Come and join this month’s discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be “Caregiver Stress”.



Caring for a loved one can be rewarding, but it can also leave you feeling emotionally and physically exhausted, frustrated and alone. This stress can lead to negative changes in your own health. Learn how to effectively cope at this month’s group discussion. Andrea will teach you a guided imagery relaxation technique and discuss how to care for yourself while being a caregiver.



For more information or to register for this group discussion, call 322-3630.



Seeking
Wii Bowlers
for the
2015-2016 Season

Grab your friends and form a team!

Four people per team. Subs are also needed. Bowl every Friday, 12:30–3:00 p.m. September–March. Call Darlene Lyness at 238-9886 for more details.

Programs & Activities



National Senior Citizens Day

Friday, August 21
11:00 a.m.—1:30 p.m.

We're celebrating the day and showing our appreciation for all the achievements and contributions our seniors make to our community!

Enjoy entertainment by The Rascals from 12:00—1:00 p.m., Sloppy Joes, pickles, chips, cake, coffee and lemonade.

This event is free but donations are appreciated. Call 322-3630 before Friday, August 14 to register.

New, Outdoor Games Starting July 1!

We will be playing Bocce Ball, Corn Hole, and Washer Box on the grounds of the Senior Center! Form a team or play one-on-one. Come play anytime 9 a.m.—4 p.m. on days the Center is open and the weather cooperates. Call the front desk at 322-3630 to reserve the game equipment.



For those new to the games, there will be opportunities to learn how to play on Thursday, July 2; from 10 a.m.—noon and again Tuesday, July 14; from 10:30 a.m.—noon.



Save the Date!

Senior Safety Day 2015

Friday, August 28

9:00—11:00 a.m.

Fond du Lac Senior Center

- Informational booths
- Presentations
- CarFit

Watch for more details in the August newsletter and on the TRIAD bulletin board.

Train Extravaganza and Lunch

Saturday and Sunday

August 15 & 16

9:00 a.m.—3:00 p.m.

Fond du Lac Society of Model Railroad Hobbyists

Come experience the magic of model railroads! Several tracks will be running on displays in 3 rooms at the Senior Center. An event sure to be enjoyed by children and adults alike.



Lunch and Snacks will be served

Stop by the kitchen for a snack or lunch. Soda, water, chips, popcorn, hotdogs, brats and burgers will be available for purchase. Proceeds benefit Friends of the Fond du Lac Senior Center.

Lunch Sponsors:

Sat., August 15—This 'n That Gift & Craft Shoppe

Sun., August 16—Senior Center Pool League

Brat fry volunteers needed! Call 322-3630 if you can help!

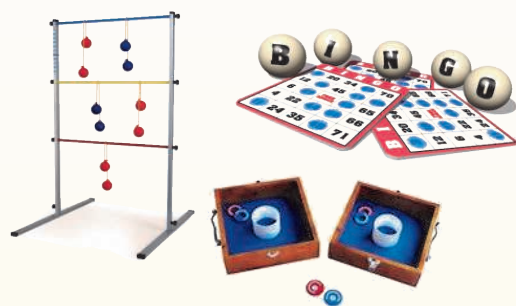
Senior Summer Games

Sponsored by the Fond du Lac Senior Center & Senior Wellness Coalition

Wednesday – July 15, 2015

9:00 a.m. – 1:30 p.m.

Taylor Park (Rain date: Thursday, July 16)



A picnic lunch will be offered by the Friends of Taylor Park for \$7.75 and includes a brat or burger, potato salad, baked beans, chips, dessert, and beverage. Pre-register and pay the \$7.75 lunch at the Fond du Lac Senior Center, 151 E. 1st St., by Monday, July 6. **NOTE:** The lunch is a **fundraiser** to support Taylor Park.

Although the games are free for participation, pre-registration for the \$7.75 lunch is required. To help with planning, pre-register by Monday, July 6, so that schedules can be arranged and games finalized. Which games would you like to participate in? We'll show you how the games are played. No experience is needed.

- | | |
|-------------------------|---|
| 9:00 a.m. | Check in, get water & healthy snack |
| 9:15 a.m. | Welcome |
| 9:30 a.m. | Poker Walk – walk around park at your own pace |
| 10:00–11:00 a.m. | Summer Games – see list below & pre-register by July 6 |
| 10:30 – 11 a.m. | Low Impact Water Aerobics Class – bring your swimming suit for this free class |
| 11:30 – Noon | Banana Bingo – try your luck |
| Noon–1:00 p.m. | Picnic Lunch – sponsored by Friends of Taylor Park (must pre-register by July 6) |
| | Musical Entertainment by The Rascals – Senior Center Band |
| 1:00–1:30 p.m. | Awards & Door Prize Drawing |

Please bring your own lawn chair. There are a limited number of picnic tables.

Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1st Street by Monday, July 6.

NAME _____

ADDRESS _____ **PHONE** _____

☐ **YES**, I will have the picnic lunch: CHOOSE ONE: ☐ Brat OR ☐ Burger

\$7.75 Payment ☐ Check # _____ OR ☐ Cash Date _____ Clerk _____

☐ **NO THANKS**, I do not want the lunch.

Don't forget to bring your lawn chair!

PLEASE REGISTER ME FOR:

- | | | |
|---|---|--|
| <input type="checkbox"/> Ladder Ball | <input type="checkbox"/> Bean Bag Toss | <input type="checkbox"/> Simple Board Games & Cards |
| <input type="checkbox"/> Washer Box | <input type="checkbox"/> Poker Walk | <input type="checkbox"/> Yolf (<i>we'll teach you; it's simple!</i>) |
| <input type="checkbox"/> Bingo 11:30 a.m.—Noon | <input type="checkbox"/> Live TV Trivia | |
| <input type="checkbox"/> Low Impact Water Aerobics Class held at the pool from 10:30 – 11:00 a.m. | | |



Programs & Activities



Artist of the Month

July: Pat Kaiser

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

Remember to purchase raffle tickets for your chance at over \$4,000 in cash and prizes!



Coffee & Conversation

First Friday of every month

Friday, August 7

8:00—10:00 a.m.

(no date in July due to Independence Day holiday)

Join your friends at the Senior Center the first Friday of every month from 8-10 a.m. for coffee, donuts and good conversation.



SCRAPBOOK CROPS

Saturday, July 18; 9 a.m.—9 p.m.

To register, contact Kim Wagner at 920-517-1108.

Saturday, August 22; 9 a.m.—9 p.m.

To register, contact Colette Jaeger at 920-602-2486.

Pool Leagues

for the 2015-2016 season forming now!

Organizational meeting:

Friday, August 21

10:00 a.m.; Rooms 2/3.

Call the Center at 322-3630 for more information on our pool leagues.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.



Saturday, July 25; 11:30 a.m.

Casa Del Tequila

525 N. Peters Avenue, Fond du Lac

Hostesses: Vickie Michels, Helen Ashenbrenner

Dutch treat (order from small lunch menu).

Please sign up at the front desk where additional information is available.

Fond du Lac County

"The Gathering Place"

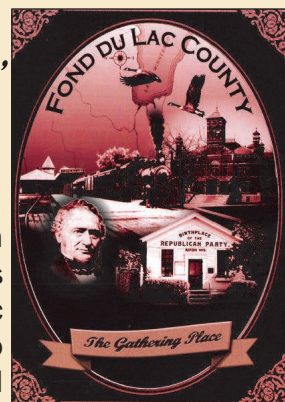
Friday, July 17

1:00-3:00

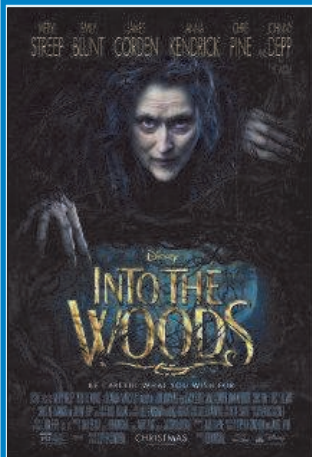
"The Gathering Place" is an hour long DVD that chronicles the history of Fond du Lac County. History is brought to life by local citizens and historians dressed in period clothing reenacting events of importance to Fond du Lac County. Stories tell of early exploration, settlement, civil war, WWI, Women's Christian Terperance Union, prohibition, the depression, WWII and the Vietnam era.

A discussion will follow with Lisa Pauly from the Fond du Lac Visitors and Convention Bureau. Light refreshments will be served.

Register before Friday, July 10 by calling 322-3630.



Programs & Activities - Movie



"Into the Woods"

Two showings: Wednesday, July 8 and Thursday, July 16

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

July 8 Menu: Chicken breast, mashed potatoes, carrots, chocolate banana torte, fruit cocktail, sliced bread

July 16 Menu: Escalloped potatoes and ham casserole, spinach salad with hot bacon dressing, egg custard pie, honeydew melon, dinner roll

2014 movie; Adventure/Fantasy/Musical; 2 hr 5 mins; PG; Starring: Anna Kendrick, Meryl Streep, Chris Pine

This modern twist on the beloved Brothers Grimm fairy tales intertwines the plots of a few choice stories and explores the consequences of the characters' wishes and quests. The humorous and heartfelt musical follows the classic tales of Cinderella, Little Red Riding Hood, Jack and the Beanstalk, and Rapunzel - all tied together by an original story involving a baker and his wife, their wish to begin a family and their interaction with the witch who has put a curse on them.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

9

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Health & Wellness



TAI CHI

Tai Chi has value in treating or preventing many health problems. The next session will **begin on Aug. 25** and end on Oct. 13. Classes meet **Tuesday mornings**

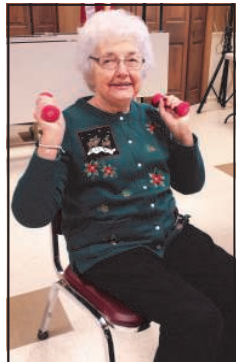
from 9—10 a.m. The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.

July Bike Ride

Join us on Tuesday, **July 14 at 10 a.m. at the Rolling Meadows Rest Stop** to ride the Wild Goose Trail to Oakfield. Bring money for lunch at Oak Central. The ride will not be on a paved trail and will be about 10 to 15 miles. Please call 322-3630 to register. 50¢ Donation. Cancellations on ride day call Caroline at 922-3561. Rain Date: July 21.



Exercise Classes



LOW IMPACT CHAIR EXERCISE

With Jaime Roth

Mondays 9:00 – 9:30 a.m.

Sponsored by

**All About Life Rehabilitation Center
Men and Women Welcome!**

CHAIR EXERCISE VIDEO

Wednesdays 9:45 —10:15 a.m.

Sponsored by **Lutheran Homes and Health Services**

OTHER EXERCISE

HikersTuesday & Thursday, 10 a.m.

Line Dancing....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

Beginning Line Dance...Thursdays 8:30—10 a.m.; \$7.50/ 3 weeks

Water Exercise Daily 8 a.m. at the Aquatic Center \$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Heartland Hospice

Friday, July 10; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, July 10; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted. 12-hour fast required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

Thursday, July 9, 23, 30. Call 322-3630 for an appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, July 10; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings
Call 322-3630 for appointment. Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, July 28; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45.

Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, July 23; 6:30—8:00 p.m. (4th Thursday)

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, July 21; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

GLUTEN FREE SUPPORT GROUP

Tuesday, September 15; 6:30 —7:30 p.m.

Fond du Lac Senior Center, 151 E. First Street

PARKINSON'S SUPPORT GROUP

Monday, July 13; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, July 14; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Health & Wellness

Caregiver Stress

Tuesday, July 21; 3:15—4:15p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Caring for a loved one can be rewarding, but it can also leave you feeling emotionally and physically exhausted, frustrated and alone. This stress can lead to negative changes in your own health. Andrea will teach you a guided imagery relaxation technique and discuss how to care for yourself while being a caregiver. For more information or to register for this group discussion, please call 322-3630. Walk-ins are welcome.



LOOK GOOD...FEEL BETTER

**Wednesday, July 8;
10 a.m. to Noon**

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center.



This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



Mark Your Calendar!

You don't want to miss the **4th Annual Senior Summer Games** at Taylor Park. **Wednesday, July 15,** 9 a.m. to 1:30 p.m. Bean

Bag Toss, Ladder Ball, Bingo and much more. Picnic lunch by Friends of Taylor Park. Registration form is on Page 7. Rain date: Thursday, July 16.

What can you do to prevent falls?

Fall Prevention

**Thursday, July 9
10—11 a.m.**

*Presented by Todd Janquart
Assistant Chief EMS,
Fond du Lac Fire/Rescue*

Did you know 1 in 3 adults over the age of 65 will fall this year? Those are startling numbers but there are steps you can take to reduce the likelihood of falling.



Join Todd Janquart, Assistant Chief EMS, with Fond du Lac Fire/Rescue, for an informative presentation on Fall Prevention.

To register, please call 322-3630.



Do You Like to make Others Smile?

Check out our Outreach Opportunities by calling 322-3630.

Senior Outreach Program

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **Lake View Place, 517 Luco Road, Tuesday, July 28, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



Senior Outreach Program

Outreach Volunteers will meet on **Thursday, July 9, at 9 a.m.** to provide each other support, address any concerns and share success stories. At **10:00 a.m. you are invited to join Todd Janquart, Assistant Chief EMS with Fond du Lac Area Fire/Rescue, for a presentation on Fall Prevention.** Did you know 1 in 3 adults over the age of 65 will fall this year? Learn steps you can take to reduce your likelihood of falling

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center

Fond du Lac County Department of Community Programs

Fond du Lac Area United Way; Fond du Lac Area Foundation

JULY



Monday	Tuesday	Wednesday	Thursday	Friday
LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com		1 8:30 SCAMP 9:00 Hand Chimes 9:30 Ladies Golf League at Oakgreen Par 3 9:45 Video Chair Exercise 12:00 Canasta 12:00 Hand & Foot 1:15 Sheephead 1:30 Niagara Escarpment Presentation 7:30 Wed Night Dance	2 9:00 Hand Chimes 10:15 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 1:00 Flying Geese Quilters 1:30 Bunco 5:45 TOPS #0566 6:00 Chartastics Scrapbook Club	3 Center Closed
7/14 8:30 Prostate Cancer Support Group at Rolling Meadows Family Restaurant 7/13 10:00 Parkinson's support Group- Aurora Health Care 7/21 4:00 Diabetic Support Group at Aurora Health Care Center	OFFSITE SUPPORT GROUPS 7/14 8:30 Prostate Cancer Support Group at Rolling Meadows Family Restaurant 7/13 10:00 Parkinson's support Group- Aurora Health Care 7/21 4:00 Diabetic Support Group at Aurora Health Care Center	8 8:30 SCAMP 9:00 Hand Chimes 9:30 Ladies Golf League at Oakgreen Par 3 9:45 Video Chair Exercise 10:00 Look Good Feel Better 12:00 Hand & Foot 12:30 Movie—"Into the Woods" 1:00 Boat Ride at the Yacht Club 1:15 Sheephead 7:30 Wed Night Dance Happy Travelers—Brewers/Braves Game	9 8:30 Beg. Country Line Dance 9:00 Foot Care 9:00 Hand Chimes 10:00 Beginning Bridge 10:00 Senior Outreach—Fall Prevention Presentation 10:15 Scrapbooking 12:00 ROMEO's at Boda's 12:30 Bridge 1:30 Bunco 5:45 TOPS #0566 6:00 Country Line Dancing	10 9:00 Health Screenings 9:00 What is Google Plus? 10:00 Finding Your Way Home 1:15 Sheephead 1:00 Teddy Bear Picnic 11 Saturday 12 Sunday 6:00 Model Railroad (2nd)
6 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Par 3 12:30 Beginning Drawing & Watercolor 1:00 Poker 1:15 Sheephead 4:30 TOPS #1159	7 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 5:30 Senior Dining at Paddys 6:00 Winnebago Woodworkers at Horace Mann High School	15 8:30 SCAMP 9:00 Senior Summer Games At Taylor Park 9:00 MPTC—Computer Basics 1	16 8:30 Beg. Country Line Dance 9:00 MPTC—Computer Basics 1 10:00 Beginning Bridge 10:15 Scrapbooking 10:00 Handchimes perform at	17 8:30 SCAC (3rd) 1:00 Fond du Lac County—"The Gathering Place" 1:15 Sheenshead
13 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Par 3 10:00 Scrabble	14 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 9:00 MPTC—Computer Basics 1 10:00 Acrylic & Oil Painting Class	15 8:30 SCAMP 9:00 Senior Summer Games At Taylor Park 9:00 MPTC—Computer Basics 1	16 8:30 Beg. Country Line Dance 9:00 MPTC—Computer Basics 1 10:00 Beginning Bridge 10:15 Scrapbooking 10:00 Handchimes perform at	17 8:30 SCAC (3rd) 1:00 Fond du Lac County—"The Gathering Place" 1:15 Sheenshead

12:30 Beginning Drawing & Watercolor 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159 6:30 FDL Area Writers Club	10:00 Acrylic & Oil Painting Class 10:00 Happy Travelers Preview 10:00 Bike Ride—Wild Goose Trail (Meet at the Rolling Meadows Rest stop) 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 5:30 Senior Dining: Blanck's Supper Club 6:00 Winnebago Woodworkers 6:00 Coin Club	9:30 Handchimes perform at Barrett House—Ripon 9:30 Ladies Golf League at Oakgreen Par 3 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:15 Sheepshead 7:30 Wed Night Dance Happy Travelers—Discover La Crosse	12:30 Bridge 12:30 Movie—"Into the Woods" 1:30 Bunco 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook	5:00 Scrapbook Crop 18 Saturday 9:00 Scrapbook Crop	1:15 Sheepshead
20 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Par 3 9:30 Book Club 12:30 Beginning Drawing & Watercolor 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159	21 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 9:00 MPTC—Computer Basics 2 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 3:15 Discussion Group—Caregiver Stress 5:30 Senior Dining at Sebastian's 6:00 Winnebago Woodworkers at Horace Mann High School	22 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC—Computer Basics 2 9:30 Ladies Golf League at Oakgreen Par 3 9:45 Video Chair Exercise 12:00 Hand & Foot 1:15 Sheepshead 7:30 Wed Night Dance Happy Travelers—New Zoo & Bay Beach	23 8:30 Beg. Country Line Dance 9:00 Foot Care 9:00 Hand Chimes 9:00 MPTC—Computer Basics 2 10:00 Beginning Bridge 12:30 Bridge 1:00 SALT/TRIAD 1:30 Bunco 5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group	24 8:00 Rummage Sale—Breakfast items and sub sandwiches 1:15 Sheepshead 25 Saturday 8:00-4:00 Brat Fry at The Butcher's Block, 221 Fond du Lac Ave. 5:00 Supper Club at Applebees (5:30 Dinner) 26 Sunday	1:15 Sheepshead
27 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Par 3 10:00 Scrabble 12:30 Beginning Drawing & Watercolor 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159	28 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 9:00 MPTC—Computer Basics 3 10:00 Acrylic & Oil Painting Class 10:00 Massage 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 Community Cares—Lakeview Pl 3:00 Mixed Media Art Class 5:30 Senior Dining at Gino's 6:00 Winnebago Woodworkers at Horace Mann High School	29 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC—Computer Basics 3 9:30 Ladies Golf League at Oakgreen Par 3 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:15 Sheepshead 7:30 Wed Night Dance	30 9:00 Foot Care 9:00 Hand Chimes 9:00 MPTC—Computer Basics 3 10:00 Beginning Bridge 12:30 Bridge 1:30 Bunco 5:45 TOPS #0566 6:00 Country Line Dancing Happy Travelers—Arlington Horse Races	31 9:00 Friends Board 1:15 Sheepshead	1:15 Sheepshead

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at **922-8611**. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

103-483-20078	M, W	Aug 24, 26, 31, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

COMPUTER BASICS 2

103-485-10065	T, W, R	July 21, 22, 23, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

COMPUTER BASICS 3

103-490-10073	T, W, R	July 28, 29, 30, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

COMPUTER BASICS 4

103-491-20069	T, W, R	Aug 4, 5, 6, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

COMPUTER BASICS 5

103-492-20395	T, R	Aug 11, 13 2015	2 days	9:00 a.m.—Noon	6 hours	K. Kraft	\$4.50	\$23.76
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Examines computer system maintenance programs. Explore virus protection software settings and updates. Set up system restore features and keep your computer running smoothly. Each student is required to bring a jump drive to class. (Completion of 103-490 Computer Basics for Beginners 3 is recommended.)Textbook optional.

WHAT IS GOOGLE PLUS?

103-618-10043	F	July 10, 2015	1 day	9:00—Noon	3 hours	K. Kraft	\$20.60	\$25.90
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Google Plus is a social networking platform for discovering and sharing digital content with friends, family and coworkers. Let us teach you how to set up a profile, post messages, upload photos, create and organize circles, join communities and so much more.

Classes

APPLE IPAD BASICS

103-611-21450	W	August 5, 2015	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.55	\$25.90
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Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.

APPLE IPAD BASICS II

103-613-21449	W	August 12, 2015	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.55	\$25.90
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Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

SETTING UP A FACEBOOK PROFILE

103-678-21378	W	August 19, 2015	1 day	8:30 a.m.—12:30 p.m.	4 hours	M. Aleithe	\$20.55	\$25.90
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

CONNECTING ON FACEBOOK

103-679-21377	T	August 25, 2015	1 day	8:30 a.m.—12:30 p.m.	4 hours	M. Aleithe	\$20.55	\$25.90
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

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Administrator: Sandra Randall

Villa Rosa Assisted Living
N8120 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3015 • Fax (920) 753-2580
Manager: Brenda Gudex, LPN

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Senior Meal Site
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Fond du Lac, WI**

Classes

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10—noon	4	\$16
July 7, 14, 21, 28; August 4, 11, 18, 25				
Drawing & Watercolor	Tues	1-3 p.m.	4	\$16
July 7, 14, 21, 28; August 4, 11, 18, 25				
Beginning Drawing & Watercolor	Mon	12:30-2:30 pm	4	\$21
July 6, 13, 20, 27; August 3, 10, 17, 24				
Mixed Media	Tues	3-4:30 p.m.	4	\$16
July 7, 14, 21, 28; August 4, 11, 18, 25				
Country Line Dancing	Thurs	6—7:30 pm	4	\$10
July 9, 16, 23, 30; August 6, 13, 20, 27				
Beg. Country Line Dancing	Thurs	8:30—10 am	3	\$7.50
July 9, 16, 23; August 13, 20, 27				
Singing	Tues	10-11 a.m.	6	\$25
Starting again in the September				



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*OPTIONS COUNSELING AND LONG TERM CARE
*INFORMATION ABOUT ELDER ABUSE/NEGLECT

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Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): TBA

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): TBA

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

July 20 *Hotel on the Corner of Bitter and*

Sweet by Jamie Ford

No meeting in August.

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

BUNCO

Thursdays at 1:30 p.m.

CANASTA

1st & 3rd Wednesdays at 12:00 p.m.

CHORUS

Red Hat Honeys (Starting again in Sept.)

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 fee

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

Starting again in September

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

(Starting again in Sept.)

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays (starting in September)

9-Ball Weds. (starting in September)

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, July 9 at Bodas

Call the Center to pre-register!

SCAMP

(Senior Center Band)

Wednesdays at 8:30 a.m.

SCRABBLE

2nd & 4th Monday at 10:00 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, July 25

Applebees

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

WII BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m. (starting up again in September)

The Memories Writers meet to share and preserve life experiences and family history.

New members welcome!

Classes

BEGINNING YOGA

Thursdays, Sept. 3, 10, 17, 24,
Oct. 1, 8
10:30—11:30 a.m.

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.



Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$4.50, under 62—\$36.60

Course #: 807-600-21235

Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes held at the Senior Center.

18

SHOW YOUR TEAM SPIRIT!

Wear your green and gold on game days or the Fridays before games.

2015-16 Game Schedule:

Thursday, August 13 at New England Patriots
Sunday, August 23 at Pittsburgh Steelers
Saturday, August 29—Philadelphia Eagles
Thursday, September 3—New Orleans Saints
Sunday, September 13 at Chicago Bears
Sunday, September 20—Seattle Seahawks
Monday, September 28—Kansas City Chiefs
Sunday, October 4 at San Francisco 49ers
Sunday, October 11—St. Louis Rams
Sunday, October 18—San Diego Chargers
Sunday, October 25—Bye
Sunday, November 1 at Denver Broncos
Sunday, November 8 at Carolina Panthers
Sunday, November 15—Detroit Lions
Sunday, November 22 at Minnesota Vikings
Thursday, November 26—Chicago Bears
Thursday, December 3 at Detroit Lions
Sunday, December 13—Dallas Cowboys
Sunday, December 20 at Oakland Raiders
Sunday, December 27 at Arizona Cardinals
Sunday, January 3—Minnesota Vikings



All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community
with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

All About Life

REHABILITATION CENTER

115 East Arndt Street
Fond du Lac, WI 54935
920.923.7040

www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unit
....helping people live better

NOW LEASING! 50 and Better

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- Utilities Included*
- Small pets welcome*

*some restrictions apply

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79 N Pioneer Rd, Fond du Lac

www.hospiceadvantage.com

Twohig Funeral Home

www.twohigfunerals.com

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920-921-0960

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- ✓ Live Music Weekly

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WITH EMPHASIS ON
RETURN TO HOME**

920-921-6800

Happy Travelers

Mary Schneider, Travel Coordinator

Call 322-3635

Upcoming Trips

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

**Be a
Happy Traveler...
We're going places!**



If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.

Reminder: Day trip parking is in the St. Vincent DePaul parking lot located at 330 N. Peters Avenue.

Do you have a travel bucket list?



We're planning Happy Traveler trips for 2016. If you have a trip idea that we haven't had in a while or a new trip idea, please drop them off or send your ideas to the Happy Traveler's office at 151 E. 1st Street, Fond du Lac, WI 54935 and we'll add them to our list!

Join us for these upcoming trips!

- Green Bay New Zoo and Bay Beach —
Wednesday, July 22; \$36
- Arlington Horse Races —
Thursday, July 30; \$55
- North Star Casino —
Dinner at Schwarz's (included)
Wednesday, August 19; \$54
- Escape to Door County —
Wed.—Fri., September 9—11; \$409
- West Side Story, Fireside Theatre —
Wednesday, October 7; \$95 (lunch included)
- Keshena Casino —
Dinner at Jim & Linda's (included)
Thursday, October 29; \$54
- Dancing Horses/Birds Holiday Show —
Wednesday, November 18; \$90 (lunch included)
- Best of Italy —
November 3—11; \$3,499
- Oneida Casino —
Mystery restaurant (dinner included)
Tuesday, November 24; \$54
- A Wonderful Life, Fireside Theatre —
Tuesday, December 15; \$95 (lunch included)



Happy Travelers presents



Join us for a trip

Trip Preview

Tuesday, July 14; 10:00 a.m.

Your Hawaiian Adventure
features the three islands of
Oahu, Kauai and Maui
January 28—February 6, 2016

Highlights Include:

Waikiki Beach, Pearl Harbor, Oahu's, North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Company, Iao Valley Monument, Lahaina, Polynesian Luau, and optional day adventures are available.

\$4,849 per person double occupancy

Pick up a brochure in the Happy Travelers office.

Brain Games

COMMONYMS

Commonyms are groups of words that share a common trait. For example, the answer to: A Car—A Tree—An Elephant would be that they all have trunks.

1. Your Hand—Your Voice—Your Children

2. Chop—Yard—Pogo

3. Lawn—Rocking—Wheel

4. Sheep—Watch—Seeing-Eye

5. Lilac—Plum—Violet

6. Tug—Sail—Steam

7. Turkey—Teddy Bear—Christmas Stocking

8. Sea—Taco—Turtle

Answers: 1. things you raise, 2. sticks, 3. chairs, 4. dogs, 5. purples, 6. boats, 7. they are stuffed, 8. shells

MUMBO JUMBO

Unscramble each of the clue words. Take the letters that appear in the circles and unscramble them for the final message.

LYLHO

○ □ □ □ □

DICER

○ □ □ □ □

SESRPNET

□ ○ □ ○ □ □ □ ○

SOTLEIMET

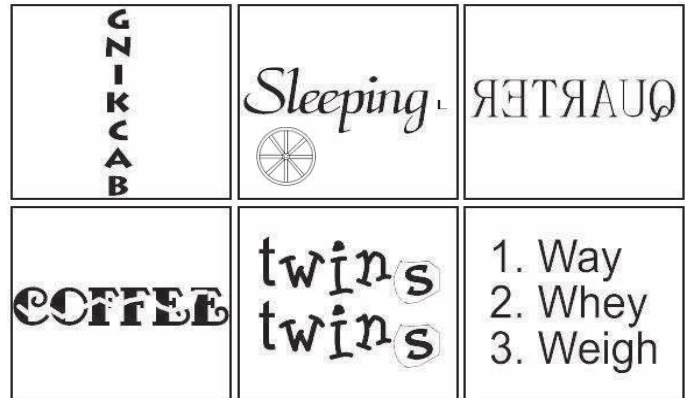
○ ○ □ ○ □ □ □ □ □

□ □ □ □ □ □ □ A □

Answers:
Holly, Cider, Presents, Mistletoe
Final Message: CHRISTMAS

BAMBOOZABLE

A Bamboozable is a saying or phrase that is made up of a display of words in an interesting way. The object is to try to figure out the well-known saying, person, place or thing that each Bamboozable is meant to represent.



Answers: 1. Backing up, 2. Sleeping at the wheel, 3. Quarterback, 4. Coffee break, 5. Identical twins, 6. Count the ways

FAMOUS MALE SINGERS WORD SEARCH

I B Y W E A T H E R V T C F H D
E H A T Q Z V M A K H C O I U A
C R G R I E E L U U O D N E R M
W L U P O D P E N L N T D R R I
R E I T R M I D R I L O E E I S
O O H M A E E M W B T R N H C U
P P A N A R C T U N E N S P A L
A Z T S S T E I E H T A A S N U
V C C T R J E P P R E D T O E M
I F O G X B H S M I X O I P S U
F R D P I O O S C E T B O O I C
M P Q P L M P I C C T A N R I R
T N O I T A R O P A V E T T N A
H N C A C R I N S O L A T I O N
R K J A U G N I N T H G I L O E
Z G I S R A B O S I R F R B U N

ATMOSPHERE

BAROMETER

BREEZE

CIRRUS

CLIMATE

CONDENSATION

CUMULUS

EVAPORATION

FOG

HUMIDITY

HURRICANE

INSOLATION

ISOBAR

LIGHTNING

PRECIPITATION

TEMPERATURE

THUNDERSTORM

TORNADO

TROPOSPHERE

VAPOR

WEATHER

Announcements

Living Well with Chronic Conditions

Weekly workshop held

Tuesdays, continuing through July 21
1:00—3:00 p.m.

Moraine Park Technical College

Two trained leaders will cover the following topics:

- Symptom Management
- Dealing with Difficult Emotions
- Goal Setting and Problem Solving
- Improving Nutrition and Exercise
- Medication Management
- Stress Management
- Communication Skills

Space is limited, registration is required by calling Marion at (920) 929-3114.

This free annual workshop is sponsored by Fond du Lac County Senior Services & All About Life Rehabilitation Center.



Friendly Volunteers Needed!

This 'n That Craft & Gift Shoppe is looking for volunteers to work mornings, once a week or every-other week. Please call Pat at 322-3638 for more information.

Heartland presents . . .

Movie Group

This group will watch movies with related themes in an effort to reflect and connect with our grief.



We invite you to join us Tuesday, August 18th to view "Everybody's Fine"

The movie group starts at 1:30 p.m. at HCR Manor Care, 265 S. National Avenue, Fond du Lac. Our goal is to foster healing and understanding for those who are coping with grief while providing insight and direction. Take this opportunity to meet others, ask questions, or to simply watch and listen.

For more information or to RSVP contact Linda Wein or Dan Krause at 1-800-236-1989.

Heartland 
Enriching life.

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



July 7 Paddy's

July 14 Blanck's Supper Club

July 21 Sebastian's

July 28 Gino's

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

TRIAD/SALT MEETING

Thursday, July 23

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

S.C.A.C. MEETING

(Senior Citizens Advisory Committee)

Friday, July 17; 8:30 a.m.

The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on aging.

Services & Reminders

THIS 'n THAT Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.
Or by appointment evenings & weekends!

ATTENTION CONSIGNORS!

Seeking quality antique jewelry, small collectibles, etc. to display and sell in our new jewelry case.



Please contact Pat Lefeber at 322-3638 for more information on this opportunity.

Morning Craft Shoppe Volunteers Needed. If you can help, give Pat a call.

FILE OF LIFE

Available at the Senior Center at no charge.

Keep important medical information up-to-date and at your fingertips with a File of Life packet.

Stop in and pick one up at the front desk.

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone:
EMERGENCY CONTACTS	
Name:	Phone:
Address:	
Name:	Phone:
Address:	

MAGAZINE NOTICE!

The magazine racks at the Senior Center are managed by a volunteer. Please give all donated magazines to the receptionist—do NOT put them directly on the rack. Please make sure magazines are in good condition, and are recent. News magazines should not be more than a couple weeks old.

SUMMER REMINDER...

Bring a sweater with you

Just a little reminder to please bring a sweater with you when you come for activities this summer. We try to keep the room temperatures comfortable, but what's comfortable to one person may be too cool for another. Please remember to dress for air conditioning, not the weather outside. It's best if you dress in layers.



- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

WE
ARE
HERE
— TO —
HELP

2015 Friends Membership Application

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
MAILING ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.
Value: \$50+ Coupons are good January 1—December 31, 2015
and vary in value. This is a **FREE PERK** for ALL Friends members!

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2015 Member ☐ Renewal Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$
☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid

☐ Received Friends Perks Coupon Book
July 2015 Newsletter



Fond du Lac Senior Center

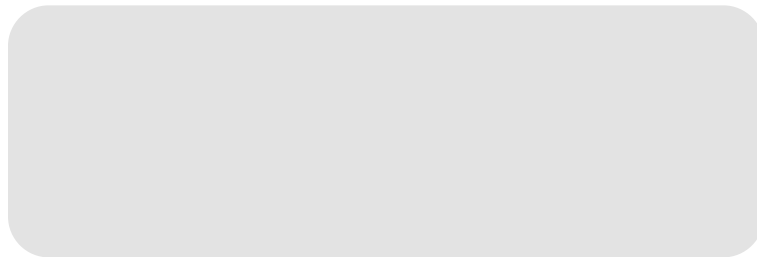
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STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

WELLNESS COORDINATOR

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3639

PROGRAM COORDINATOR

Catherine Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

FRIENDS BOARD OF DIRECTORS

Joanne Bunkelman

Robert Katzfey

Mary Kind

Vickie Michels

Charlotte Nelson

Maury Shultz

Wally Seibel

Judi Walters

Mary Weber

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman

Barbara Lukas, Chair

Councilman Gary Miller

Charlotte Nelson

Ross Purcell

Dave Redman

Jaime Roth

John Silah

Ruth Smith

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY